

Brown Sugar Pudding Cake

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



197 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup brown sugar packed
- 2 tablespoons butter melted
- 1 cup flour all-purpose
- 0.5 cup milk
- 0.5 cup nuts chopped
- 0.5 teaspoon salt
- 2 cups water boiling

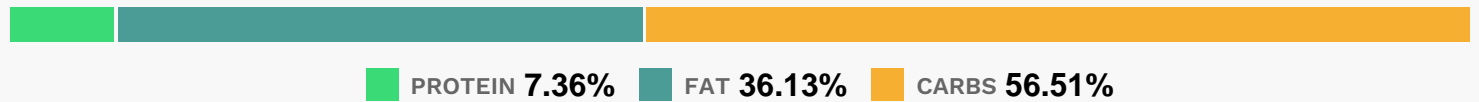
Equipment

- bowl
- oven
- knife
- baking pan

Directions

- In a small bowl, combine all sauce ingredients.
- Pour into a 1-1/2-qt. baking dish; set aside.
- For pudding, in a large bowl, beat butter and sugar.
- Combine the flour, baking powder, salt and nuts; gradually add to butter mixture alternately with milk. Spoon into baking dish.
- Bake at 350° for 40-45 minutes until a knife inserted near the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:35.58, Glycemic Load:9.46, Inflammation Score:-3, Nutrition Score:4.9660869516108%

Nutrients (% of daily need)

Calories: 197.1kcal (9.85%), Fat: 8.11g (12.48%), Saturated Fat: 2.73g (17.05%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 27.31g (9.93%), Sugar: 14.12g (15.68%), Cholesterol: 9.35mg (3.12%), Sodium: 234.84mg (10.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Manganese: 0.29mg (14.54%), Vitamin B1: 0.15mg (9.96%), Phosphorus: 83.77mg (8.38%), Folate: 33.34µg (8.33%), Selenium: 5.79µg (8.27%), Copper: 0.15mg (7.69%), Calcium: 70.9mg (7.09%), Vitamin B2: 0.12mg (6.91%), Vitamin B3: 1.38mg (6.89%), Magnesium: 27.56mg (6.89%), Iron: 1.21mg (6.74%), Fiber: 1.23g (4.93%), Zinc: 0.53mg (3.52%), Potassium: 112.58mg (3.22%), Vitamin B5: 0.26mg (2.56%), Vitamin B6: 0.05mg (2.43%), Vitamin A: 113.52IU (2.27%), Vitamin B12: 0.09µg (1.47%), Vitamin D: 0.17µg (1.12%)